

TAB

General Subjects Section
ACADEMIC DEPARTMENT

Approved For Release 2001/03/01 : CIA-RDP55-00001A000100130008-4
25X1A6a

PHYSICAL FITNESS SCORE CARD

NAME (Please Print - Last, First, Middle Initial)			ASN		AGE		HEIGHT		WEIGHT	
UNIT (Organization)										
EVENT	AVERAGE	EXCELLENT	FIRST TEST		SECOND TEST		THIRD TEST		FOURTH TEST	
			RAW SCORE	POINTS	RAW SCORE	POINTS	RAW SCORE	POINTS	RAW SCORE	POINTS
PULLUPS	8	13								
SQUAT JUMPS	34	51								
PUSHUPS	27	39								
SITUPS	46	62								
300 YARDS	51.5	47.5								
INDOOR SHUTTLE RUN	47	44								
TOTAL	250 Pts	371 Pts								
DATE	Approved For Release 2001/03/01 : CIA-RDP55-00001A000100130008-4 SECRET									

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NAME (Last, First, Middle Initial)						ASN		AGE		HEIGHT			
		FIRST TEST		SECOND TEST		THIRD TEST		FOURTH TEST					
DATE													
WEIGHT													
	PULLUPS		SQUAT JUMPS		PUSHUPS		TWO-MINUTE SITUPS		300 YARD RUN		INDOOR SHUTTLE RUN		TOTAL POINTS (5 Events)
	RAW SCORE	POINT SCORE	RAW SCORE	POINT SCORE	RAW SCORE	POINT SCORE	RAW SCORE	POINT SCORE	RAW SCORE	POINT SCORE	RAW SCORE	POINT SCORE	
EXCELLENT	20	100	75	100	54	100	79	100	44	100	41	100	500
	19	98	72	97	52	97	77	97	44.5	96	41.5	97	
	18	96	69	94	50	93	75	93	45	92	42	94	
	17	93	66	91	48	90	73	91	45.5	88	42.5	89	
	16	90	63	88	46	87	71	88	46	85	43	84	
	15	87	60	85	44	85	69	85	46.5	81	43.5	79	
	14	83	57	82	42	81	67	82	47	78			
	13	79	54	78	40	77	65	79					
			51	75			63	76					371
GOOD	12	74	48	72	38	73	61	73	47.5	74	44	74	370
			45	67	36	69	59	70	48	71	44.5	70	
	11	69	42	63	34	65	57	67	48.5	68	45	66	
	10	64	39	59	32	61	55	64	49	65	45.5	62	
							53	61	49.5	62			291
FAIR	9	58	38	57	30	57		58	50.5	56		58	290
			36	53	28	52	49	55	51	53	46.5	54	
	8	52	34	50	26	45	47	52	51.5	50	47	50	
	7	46	32	46		43	45	45	52	47	47.5	46	
									52.5	44	48	43	211
POOR	6	40	30	42	24	39	41	42	53	41			210
			28	37			39	38	53.5	38	48.5	39	
					22	34	37	34	54	35	49	36	
	5	33	26	32			35	30	54.5	32	49.5	33	
			24	27	20	27			55	30	50	29	
VERY POOR	4	26					33	26		27	50.5	26	126
			22	22	19	24			56	25			125
	3	19			17	18	31	22	57	20	51	23	
			20	16			29	17			52	18	
	2	11	18	9	15	10	27	13	58	15	53	13	
						25	8	59	10	54	9		
								60	6	55	5		